

BEGIN A REGULAR EXERCISE PROGRAM



Strength

Having good strength is beneficial in reducing the signs and symptoms associated with several diseases including: diabetes, arthritis, back pain, depression, osteoporosis among many more. These simple strengthening activities can reduce your risk of falls and improve bone health.

Balance

Good balance can prepare your body for the unexpected and keep you active and independent. Performing balance activities can improve your balance and keep you from experiencing a fall.

Endurance

Endurance is important for the health of your heart and lungs. Older adults who participate in **30 minutes of daily physical activity** experience less of a decline in endurance. If 30 minutes seems like too much, try breaking the time up into sessions of 10-15 minutes a couple of times a day if necessary.

Keep Moving

Being active is important because it improves your **Strength, Balance, and Endurance**.

You Can Do Something Now:

Make it "fit". Being active is just as important as doing "exercises". Try these tips to increase your activity level.

- **Take a walk** around your block or to the end of the driveway and back.
- **Ride your bike**
- **Perform household chores** such as vacuuming or sweeping
- **Choose the stairs** instead of the elevator
- **Park farther from the entrance** to buildings and shopping centers
- **Be creative** and slowly increase the difficulty as you feel comfortable
- **Join a local gym**

Keep a Communication Device on You:

The fear of falling can prevent us from being active. Having a communication device can give peace of mind.